

## **Baked Potatoes**

Baked potatoes are a restaurant and summer favorite. Some people like them plain, or with butter, while other people prefer them smothered in a combination of sour cream, cheese, bacon bits, and ham pieces. Baking whole potatoes in the oven usually takes about 1.5 hours. On the grill, they take far longer than the meat and may not fully cook. Microwaved potatoes often end up with a metallic taste. Unless they were previously cooked. Potatoes can be baked whole, sliced, or diced. Sliced or diced potatoes bake in about an hour, and may be covered with a layer of cheese.

### **Pre Cook Preparation:**

- A. Timer set to the time to begin preparation prior to cooking
- B. Timer set for 1.5 hours later, when meal should be ready to eat

### **Meal Adaptations:**

#### **Physical Accommodations:**

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

#### **Visual Accommodations:**

- Colored chopping boards

#### **Potential Food Allergy or Intolerance:**

- Bacon bits (gluten)
- Butter (lactose)
- Ham
- Mushrooms
- Onions
- Pepper
- Pork
- Potatoes
- Spices

#### **Meatless Preparation Avoid:**

- Bacon bits
- Butter
- Ham
- Pork
- Substitute with: \_\_\_\_\_

### **Utensils:**

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon

Pan: 2.5 quart oven safe pan \*\*

\*\* Wrapped in aluminum foil also works, though potatoes may leak butter.

**Ingredients:****Meat:**

- 1 tablespoon of bacon bits, or
- 1 tablespoon of ham

**Vegetables:**

- 4 ounces of mushrooms
- Potatoes

**Other ingredients:**

- 1 tablespoon of butter
- Dash of salt
- Spices, such as pepper, to taste
- Optional:
  - Cheese
  - Cream cheese

**Preparation time: 10 minutes**

**Preparation:**

1. Slice a line the long way down the potato, then several shorter lines across the short way.
2. Add butter into the opening.
3. Place in 2.5 quart oven safe pan.
4. Top with:
  - 1 tablespoon of butter
  - Dash of salt
  - Spices, such as pepper, to taste
4. Place pan in oven.
5. When cooked add additional ingredients:
  - 1 tablespoon of bacon bits, or
  - 1 tablespoon of ham
  - 4 ounces of mushrooms
  - Optional:
    - Cheese
    - Cream cheese

**Cook Temperature: 350 degrees**

**Cook Time: 1.5 hours**

Smaller potatoes make bake quicker. Also, if potatoes are sliced, they may bake in 1 hour.

**Servings: 1 potato per person**

**Storage Solutions: Square containers in individual servings**

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources

**Reheat Instructions:**

**Microwave:** Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top:** Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: \_\_\_\_\_.

**Oven Directions:** Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: \_\_\_\_\_.